

Brief Course Outline

I. Wellness

- A. Good nutrition/weight management
- B. Adequate hydration
- C. Regular exercise
- D. Regular sleep patterns/sleep hygiene
- E. Addictions (caffeine, alcohol, tobacco, drugs)
- F. Stress management
- G. Environmental factors
- H. Self-responsibility
- I. Mental health

II. Prevention

- A. Disease categories with associated risk factors
- B. Disease prevention by category
 - 1. Prevention of lifestyle-related diseases
 - 2. Prevention of infectious and communicable diseases
 - 3. Trauma prevention

III. Self-diagnosis & Treatment

- A. History taking and physical exam
- B. Pediatric considerations and disorders
- C. Women's health
- D. Medical disorders
- E. Infectious/communicable diseases
- F. Trauma issues

IV. Indigenous Medical Programs

- A. Principles of primary health care
- B. Elements of primary health care
- C. Role of the expatriate
- D. The problem-solving process
- E. Problems
- F. Models